

What tests, exams, and vaccines do I need if I have diabetes?

This chart lists important tests, exams, and vaccines to get at least once or twice a year.

Tests, Exams, and Vaccines to Get at Least Once or Twice a Year	Make Sure to...
A1C test	<ul style="list-style-type: none">• Have this blood test at least twice a year. Your result will tell you what your average blood glucose level was for the past 3 months.
Cholesterol test	<ul style="list-style-type: none">• Get a blood test to check your<ul style="list-style-type: none">• total cholesterol• LDL• HDL• triglycerides
Kidney tests	<ul style="list-style-type: none">• Once a year, get a urine test to check for protein.• At least once a year, get a blood test to check for creatinine, a waste product healthy kidneys remove from the body.

(continued)

Tests, Exams, and Vaccines to Get at Least Once or Twice a Year	Make Sure to...
Eye exam	<ul style="list-style-type: none"> • See an eye doctor once a year for a complete eye exam that includes using drops in your eyes to dilate your pupils. • If you are pregnant, have a complete eye exam in your first 3 months of pregnancy. Have another complete eye exam 1 year after your baby is born.
Dental exam	<ul style="list-style-type: none"> • See your dentist twice a year for a cleaning and checkup.
Flu vaccine	<ul style="list-style-type: none"> • Get a flu vaccine each year.
Pneumonia vaccine	<ul style="list-style-type: none"> • Get this vaccine if you are younger than 64. • If you're older than 64 and your vaccine was more than 5 years ago, get another one.
Hepatitis B vaccine	<ul style="list-style-type: none"> • Get this vaccine if you're younger than 60 and you have not already had the vaccine. • Prevent exposure to Hepatitis B by not sharing blood glucose monitors or other diabetes equipment.